

9/10 CONFERENCE MEET

Tuesday, May 13, 2014

White Bear Lake High School

Cloudy, 55 Degrees, Wind: W -NW 15-20mph

110M High Hurdles

Jeremy Wiste	9	18.51
<i>Tied 19th Freshman Honor Roll</i>		
Charles Etuko	9	19.42

300M IM Hurdles

Nathan Duchenes	9	46.87
<i>Tied 21st Freshman Honor Roll</i>		
Billy Howlett	10	48.57
Jeremy Wiste	9	48.65

100M Dash

Michael Degroot	10	11.71
<i>Tied 20th Sophomore Honor Roll</i>		
Nick Varichak	10	12.02
Hassan Lubega	10	12.40
Jon Cincotta	10	13.35
Danny Sullivan	9	13.35

200M Dash

Charlie Haik	9	24.62
<i>Tied 29th Freshman Honor Roll</i>		
Hassan Lubega	10	26.06
George Mata	9	26.13
Jon Cincotta	10	27.17
Danny Sullivan	9	28.25

4X100 Relay - A

Michael DeGroot	10	45.62
Luke Swenson	10	
Nick Varichak	10	
Jake Zastrow	10	

4X200 Relay - A
NONE

400 M Run

Grant Delaune	10	53.80
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800 M Run

Alex Plasencia	10	61.4	2:06.89
Henry Henson	10	64.9	2:12.94
Levi Johnson	10	68.8	2:19.42
Harrison Hirsch	10	69.3	2:25.21

1600 M Run

Tim Pease	9	72, 2:31, 3:48	4:54.86
<i>26th Freshman Honor Roll</i>			

Jackson Denny	9	76, 2:37, 3:58	5:09.89
Mark Ousidagan	9	76, 2:37, 3:59	5:12.26
Anders Bandt	8	75, 2:38, 4:01	5:18.97
Thomas Wong	9	80, 2:57, 4:24	5:48.47
Brian Paulson	9	83, 3:00, 4:34	6:02.92
Aaron Voiovich	9	86, 3:04, 4:38	6:09.25

3200 M Run

Aaron Marx	9	74, 2:39, 4:11, 5:44 7:27, 9:09, 10:51	12:11.68
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4X400 Relay - A

Grant Delaune	10	3:45.06
Alex Plasencia	10	54.9
Henry Henson	10	56.8
Nick Varichak	10	58.0
		55.0

4X800 Relay - A
NONE

Long Jump

Jake Zastrow	10	17' 10 1/4"
Brandon Lee	10	16' 7"
Grant Delaune	10	16' 6 1/2"
Tom Cameron	9	14' 7 3/4"
Michael Kuehn	9	14' 4 1/2"

Triple Jump

Billy Howlett	10	38' 3 1/2"
Charles Etuko	9	33' 11 1/4"
Michael Kuehn	9	31' 11"

High Jump

Jake Zastrow	10	5' 6"
Charles Etuko	9	5' 6"
Michael Kuehn	9	NH

Pole Vault

Jake Osgood	9	9' 0"
Conrad Farley-Hill	9	8' 0"

Shot Put

Jack Thurner	10	36' 10"
Dan Hanson	10	36' 10"
Ean Deno	10	32' 3"
Philip Meyers	9	30' 8"
Will Zopfi-Jordan	10	30' 5"

Discus

Joshua Haglund	9	93' 8"
Jackson Gray	10	89' 8"
Dan Hanson	10	89' 2"
Ryan Murphy	9	87' 10"
Philip Meyers	9	78' 6"

PERSONAL BEST